# Arthoroscopic SLAP Repair

Name: _____ DOB: _____

Dr: Rothenberg DOS: _____

**Passive ROM RESTRICTIONS**

**FE:** full

**ER:** 30 x 3 wks

**IR:** full

**ABD:** full

**Begin full AROM**

4 weeks

**Sling**

4 weeks

| ROM & Muscle Initiation | 1 | 2 | 3 | 4 | 5 | 6+ | 7-11+ | 12-17+ | 18-23+ | 24+ |
|---|---|---|---|---|---|---|---|---|---|---|
| Scapular retraction - depression | | | | | | | | | | |
| Cervical, elbow, wrist & hand ROM | | | | | | | | | | |
| Pendulums | | | | | | | | | | |
| Passive ROM:<br>A) Ext rotation & internal rotation to belt<br>B) Forward elevation & scaption<br>C) Abduction | | | | | | | | | | |
| Active assist ROM:<br>A) External & internal rotation<br>B) Forward elevation & scaption | | | | | | | | | | |
| Isometrics<br>A) External & internal rotation<br>B) Biceps & triceps | | | | | | | | | | |
| Active ROM<br>A) Sidelying external rotation<br>B) Forward elevation & scaption<br>C) Salutes (lawn chair progression)<br>D) Prone extension & horizontal abd<br>G) Open chain proprioception | | | | | | | | | | |
| Low load prolonged stretches:<br>A) Towel internal rotation<br>B) Cross arm<br>C) Sleeper<br>D) 90/90 external rotation | | | | | | | | | | |
| ***Progress to Endurance: 6+ wks & PROM FE 120, Abd 90, Ext Rot 30, Q DASH <60%,*** | | | | | | | | | | |
| **Muscular Endurance 3 x 15, 45s rest** | | | | | | | **7-12+** | | | |
| External & internal rotation | | | | | | | | | | |
| Punches with a plus | | | | | | | | | | |
| Sport cord rows | | | | | | | | | | |
| Prone lower trap | | | | | | | | | | |
| Bicep curls / tricep extension | | | | | | | | | | |
| Closed chain stability | | | | | | | | | | |
| ***Progress to Strength: 12+ wks & AROM FE 120, Abd 120, Ext Rot 45, Q DASH <45%*** | | | | | | | | | | |
| **Muscular Strength 3 x 10 120s rest** | | | | | | | | **13-18+** | | |
| External rotation at 45° & 90° | | | | | | | | | | |
| Bear hugs | | | | | | | | | | |
| Statue of liberty | | | | | | | | | | |
| Push up plus progression | | | | | | | | | | |
| **Progress to Power: 18+ wk + *strength >80% contralateral: Full can, Abd, Belly press, ER@0, IR@0, QDASH <20%*** | | | | | | | | | | |
| **Muscular Power 3 x 6, 180s rest** | | | | | | | | | **19-24+** | |
| Advanced closed chain stability | | | | | | | | | | |
| PNF with resistance | | | | | | | | | | |
| Decelerations & Plyometric ext rotation | | | | | | | | | | |
| ***Progress to High Level: 24+ wks + strength >90% contralateral side (motions as above), CKCUEST >21 / 15s*** | | | | | | | | | | |
| **High Level Activities** | | | | | | | | | **19-24+** | **25+** |
| Skiing | | | | | | | | | | |
| Overhead & serving sports | | | | | | | | | | |
| Throwing progression | | | | | | | | | | |